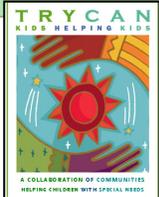


Programs For Youth With Special Needs - Spring 2018

Offered by Summit Community Programs, with support from the **TryCAN Collaboration**



While Summit is getting a new Community Center, we are temporarily relocating...

And, we thank our friends at the Chisholm Community Center and New Providence Municipal Center for graciously opening their doors to our fall/early winter TryCAN programs in the meantime!

Register online at <https://register.communitypass.net/summit> or call 908-277-2932.

Questions for TryCAN? Email trycan@cityofsummit.org

Classes are group classes taught by experienced instructors and include Peer Mentors to enhance your child's participation, learning and fun! Financial assistance (Summit residents) may be available based on Federal Free & Reduced Lunch Program. One subsidized program per child per season.

Move and Dance Group for older kids (ages 9-15)

Older youth will have a blast learning new ways to move to their favorite music while working together with peers to begin to master the art of dance. Instructor Michele Goldin, Dance and Movement Therapist.

*Sundays, 11:50 am - 12:35 pm. April 22 - May 6, \$48. May 27 - June 10, \$48.
Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ*

Dance and Movement Group (ages 4-8)

Children participate in a free expression workshop, a unique learning environment they will get moving through use of original and traditional music and songs, creative movement, dance and rhythms, games, props that provide sensory stimulation, art, and storytelling. Instructor Michele Goldin, Dance and Movement Therapist.

*Sundays, 10:10-10:55 am. April 22 - May 6, \$48. May 27 - June 10, \$48.
Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ*

Mini Yoga Group (ages 8-12)

A program specially designed for little ones to develop strength, flexibility, coordination, focus and concentration for a happy, healthy, balanced life. Through breathing and relaxation techniques, as well as fun poses and group games based on anatomy, children learn to respect themselves, each other and the world around them. Instructor Michele Goldin, Dance and Movement Therapist.

*Sundays, 11:00-11:45 pm.
April 22 - May 6, \$48. May 27 - June 10, \$48.
Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ*

Tennis (ages 6-9; and 10+)

Children learn more about the sport and feel more comfortable on the court. Focus on basic hitting, correct form, proper footwork, listening to instructions, safe play, working with others, good sportsmanship and fun! Instruction led by coaches from the Summit Tennis Association.

*Saturdays, 3:30 - 4:15 pm (ages 6-9) and 4:15 - 5:00 pm (ages 10+). April 14 - May 5, \$65.
New Providence Municipal Center gym, 360 Elkwood Avenue, New Providence NJ*

Flag Football (ages 7+)

Join football coaches for a fun-filled flag football class. Sessions focus on basic football rules, rushing, passing, defense, teamwork and games. *Held at Investors Field, 26 Butler Parkway in Summit*
Sundays; Dates and times TBA, \$65.

Golf (ages 7-13)

Designed to combine instruction of golf fundamentals (stance, swing, rules, safety) and strengthen important behaviors on the golf course (paying attention, patience, course etiquette), while having lots of fun!

Instructor Golf Pro Bill McCluney. *Held at Summit Municipal Golf Course, 189 River Road*
Mondays, 6:30-7:15 pm. April 16 - May 7, \$70.

Runners Club (grades 5-12)

Boys and girls will enjoy the joy of walking/running and build endurance and strength. Our goal will be to run/walk 25 minutes each week as well as learn appropriate before/after stretching, hydration and healthy diet. Individualized goals will be set for each child to celebrate successes and encourage moving to their next level of their ability. During the final week, we will all participate in the RACE, where every one will feel like a winner!

Coach: Eileen O'Neill, Behaviorist and experienced Special Education Instructor.
Mondays, 4:20 - 5:05 pm. April 23 - May 21, \$85. Briant Park in Summit (exact location in Park TBA)

TryCAN, a 501(c)(3) non-profit charitable organization, collaborates with several communities to offer an array of recreation programs for youth with special needs or those who need certain accommodation.

No non-resident fees are involved and all are welcome!

visit summitcommunityprograms.com



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Social Skills - Let's Pretend (ages 3-5)

Class works on developing play and social skills including pretend, sharing, compromise, social language using coordinated play, role play, and other techniques. Children practice specific social skills through play and participation with peers and mentors. Parents hear skills to target out of class with suggested strategies.

Instructor: Eileen O'Neill, Behaviorist.

Saturdays, 9:00 - 9:45 am. April 7 - May 5 (no class 4/14), \$85. May 12 - June 2 (no class 5/26), \$85.

Social Skills - Play and Learn (ages 6-7)

Children rotate through different activities including games, problem solving, role playing and other play to learn cooperation, compromise, self control, reading others, frustration control and conversation. Children practice specific social skills through normal play activities and participation with peers and mentors. Parents hear skills to target out of class with suggested strategies. Instructor: Eileen O'Neill, Behaviorist.

Saturdays, 9:45 - 10:30 am. April 7 - May 5 (no class 4/14), \$85. May 12 - June 2 (no class 5/26), \$85.

Kidz Club (grades 3-5)

A Social skills class for older children in grades 3-5. Children will learn essential friendship skills for recess games, gym activities, play dates, and cooperative group activities. We will target skills such as listening and following directions and game rules, being a good sport, "playing together is staying together", playing fair, working as a partner or on a team, endurance of play, positive communication with others, talking on topic of the activity, as well as learning new games and building interests and motivation. Instructor: Eileen O'Neill, Behaviorist.

Saturdays, 10:30 - 11:15 am. April 7 - May 5 (no class 4/14), \$85. May 12 - June 2 (no class 5/26), \$85.

Social Skills - Let's Talk: Pragmatics (ages 6-9)

In this class, we specifically target languages skills we use in our daily interactions with others. They include what we say, how we say it, our body language and whether it is appropriate to the given situation. We will build skills in communicating our personal thoughts, ideas and feelings. Through activities such as role playing, social stories, partner activities, games, and conversation building activities, we will work on increasing fluency of social language.

Instructor: Eileen O'Neill, Behaviorist.

Saturdays, 11:15 am - 12:00 pm. April 7 - May 5 (no class 4/14), \$85. May 12 - June 2 (no class 5/26), \$85.

Social Skills - Digital Drama (ages 8-12)

Class harnesses technology kids love to help teach life and social skills such as cooperation, compromise, conversation and safety skills as well as independence and appropriate behaviors. Children gain experience using computers for writing, planning and presenting mini-movies using Microsoft and Apple tools. Students help select topics but examples could be how to be with peers at recess/lunch, going to a restaurant, visiting relatives, starting conversations, etc. Instructor: Eileen O'Neill, Behaviorist.

Mondays, 5:30 - 6:15 pm. April 16 - May 7, \$85. May 14 - June 4, \$64.

Social Skills - Teen Friendship Group (ages 13-18)

A teen group that will meet and practice social skills in the natural environment. Teens participate in activities such as cooking, board/other games, learnings new computer skills, pottery/art activities, movie and book reviews/discussions, creating mini-movies on flip cameras, and more based on group interests. Group also works on relationship building, conversation and expanding personal interests. Instructor is Eileen O'Neill, Behaviorist.

Mondays, 6:15 - 7:00 pm. April 16 - May 7, \$85. May 14 - June 4, \$64.

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